



K-1 REGULATIONS KIDS 2024





SCOS – Regulations „K-1“ Kids 2024

PURPOSE	1
WEIGHT CLASSES	2
COMBAT DURATION	3
STRENGTH CLASSES	3
POINT SYSTEM	3
WARNINGS	4
COUNTING	4
DECISIONS	4
RINGSIDE DOCTOR	4
WEIGH-IN	4
ATTIRE	4
TECHNIQUES	5
PROTECTIVE GEAR	5



Purpose

According to this rulebook, all competitions are conducted. It serves as a guide for all authorities and participants of the association.

All conditions for the competition are clearly defined. The SCOS organization provides a fair platform for amateur competitive athletes and contributes to presenting combat sports, especially kickboxing and K-1, positively to the public.

We strive for fair and regulated competition conditions for children in Switzerland. Our top priority is safety within the confines of this sport. We emphasize that technique and skill take precedence. We do not promote knockdowns or wild grappling.

The regulations are discussed and re-evaluated annually at the planning meeting. This allows all coaches within the organization to have an influence.

Weight Classes*

in KG	
Boys	Girls
-20	-20
-22	-22
-24	-24
-26	-26
-28	-28
-30	-30
-32	-32
-34	-34
-36	-36
-38	-38
-40	-40
-43	-43
-46	-46
-48	-48
-51	-51
-54	-54
-57	-57
-60	-60
-63.5	-63.5
-67	-67
-71	-71
-75	-75



Combat Duration

5 - 7 years old: 2 x 1.5 min. (1 min. break)

8 -16 years old: 2 x 2 min. (1 min. break)

Strength Classes

C3-Class:

Beginner class, this means the fighters are really fighting their first battles and have zero experience in competitive sport.

C2-Class:

This fighters already have competition experience in other martial arts, which must be indicated upon registration.

C1-Class:

The fighters already have wrestling experience and also indicate the number of fights upon registration.

We appeal to your honesty!

Scoring per round:

3 judges

Slight Superiority

10 : 9

Clear Superiority

10 : 8

Even high level

10 : 10

Minus Points

- Clearly visible low blow (intentional or not) **1 point deduction**
- Clear striking after stop **1 point deduction**
- Striking with elbow or headbutt, knee to the head **1 point deduction**
- Multiple consecutive knees **1 point deduction**
- Unsportsmanlike behavior from coach or fighters **1 point deduction**
- 3rd warning **1 point deduction**
- **3x spitting out mouthguard** **1 point deduction**

**Point deduction for low blow:*

The referee is obligated to consult with the judges whether it was an intentional or accidental low blow. The majority decides whether a point deduction occurs or not.



Warnings

- Clinching, grappling, pushing
- Turning away, diving too deep
- More than one knee in succession
- Unclean techniques (inside punch, low kick below knee, blind techniques, etc.)
- **Spitting out mouthguard after the second time**

Decisions

- By judges' votes
- By points

Ringside Doctor

The ring doctor can stop the fight in favor of health.

Weigh-in

Weight on the scale counts with or without clothes! There is no weight deduction.

Attire

Male and female fighters of all age categories wear standard boxing or Muay Thai shorts made of satin or cotton, which ends approximately 10cm above the knee, but may extend up to the knee. The shorts must not have pockets or zippers. Drawstrings must be located inside the shorts. Female participants wear a cropped, sleeveless, snug-fitting top made of synthetic fiber or cotton. The chest protector must be worn under the top.

Male participants fight shirtless.

Techniques

Caution:

- **No knees to the head allowed**
- **No knockdowns will be scored**
 - **This means: We prefer clean techniques without intent for knockouts. If a fighter brings the opponent to the ground, it will not be considered a scoring action.**

**Boxing techniques:**

Straight punches, hooks, uppercuts

Kick techniques:

Kicks to the thighs, body (front and side), head (front and side). Holding a kick followed by boxing punches is allowed. However, the leg must be released shortly after holding. Throwing is not allowed.

Knee techniques:

To the abdomen or sides. It should be noted that only one knee strike is allowed followed by boxing punches, and then the knee can be used again.

Foot techniques:

Sweeps are allowed but must be performed entirely on the ground. Not allowed at calf height.

Spinning Back Fist:

Not allowed in all C classes.

Clinching combined with multiple knees is prohibited in SCOS.

Protective gear**C3-1-Class:**

- Helmet is mandatory!
- Up to 8 years: 8oz lace-up or hook-and-loop boxing gloves. Secured with tape.
- 9 to 12 years: 10oz lace-up or hook-and-loop boxing gloves. Secured with tape.
- 13 to 17 years: 12oz lace-up or hook-and-loop boxing gloves. Secured with tape.
- Upper body vest (provided by the organizer)
- Mouthguard
- Groin protection (mandatory even for girls)
- Shin guards (the thin fabric competition guards)
- Chest protector mandatory for women (not necessary depending on age)
- Normal fabric bandages are used (tape is not allowed anywhere).